

Dms1234's story

Posted by dms1234 - 23 Feb 2013 03:31

I am a recent Baal Tshuvah and college student and this is my story:

I grew up in a small Jewish Community but I was lucky that I had a traditional family, which definitely helped me come back to Torah. As I am a Baal Teshuva I grew up in a society where lusting is normal. In fact it is encouraged.

I was about 9 or 10 when an older friend introduced me to provocative material like porn. However I didn't start acting out till a few years later. As I went through puberty and a little later started acting out, I became quite socially awkward. My world was a fantasy. Because the secular world's goal, my goal throughout high school, is to receive as much pleasure from girls as possible, and I wasn't able to "get" (lack of a better word) girls, I had to pleasure myself. I was a lost kid with barely any friends and with this troubling addiction.

When I started becoming a religious, a couple of years ago, I really liked the Torah idea of treating woman. My eyes were opened of how society and I objectify women and the Torah moves past this superficiality. This concept definitely pushed me more towards Torah.

Last year, I tried stopping and my longest streak was about three weeks! However I had no resources so I kept acting out. I finally found this website last spring and I was so happy. I was thrilled. However I only subscribed to the chizuk emails, partly laziness but also I was headed to Israel for the summer. I went to Yeshiva (my first real Yeshiva experience) and loved it. I soaked it up and I left Israel I had was clean for about 60 days.

However i didn't fix the problem. I didn't truly break free. I just went to Israel! So the spirituality of course helped me. So after being home for a while and being clean for close to 5 months I had these weird occurrences. I would wake up in the middle of the night and almost fall. Then after a few of these I started falling. I called them subconsciously falling (has any one ever had this happen to them?). Then I started falling consciously regularly. So for the past while, about 4 months i have been falling quite regularly.

Its very hard being a college student as I am constantly around attractive young women. Guarding my eyes is very difficult. Also as I am in a small Jewish community and being one of

the only Frum college students in town, I am involved in Kiruv for college and also high school. This is tough as I can't just hide from women. (not making fun of anyone, rather jealous of people that can do this) So, If anyone has any tips that would definitely be appreciated.

I also I would like to briefly talk about how widespread this problem is. Many of my secular Jewish friends are deeply engrained in this problem. Very deep. Some of them have a hard time believing that people can actually refrain from masturbating. It is just out of their scope as they are in too deep. So GYE keep doing good work and God willing even Secular Jews will resort to this site very soon.

Even though I a member and have subscribed to chizuk emails. I haven't really used much of the other resources. So lately, I started reading stories and decided to start reading the Big Book for alcoholics. I have not participated in phone conferences or have a sponsor yet. And actually this is my first time posting on the Forum. So I think its about time to start using these incredible resources.

Through my journey I have learned a few strategies. These are some of them:

Get a filter and tie up all loose ends. I don't usually look at porn but when I'm desperate I do. I put a filter on my computer and my phone. However I didn't turn off Safari on my phone. Finally I got my Rabbi to restrict it for me. Also I deleted my password for my computer filter. I wouldn't suggest this but it was the easiest solution to get rid of the problem

Find out where you are lax and try to prevent it by "adding something". For example I fall at nights when I am in bed. I have started listening to shiurim when I go to bed (I'm single of course) Disclaimer: you may still fall. This is just an added fence/preventative measure to help you.

Lastly and most importantly, I have been working on the first step (powerlessness) and have had trouble figuring out exactly what I am supposed to do. I think developing an awareness of Hashem like talking to him in your own words has helped. Even saying thank you God that its sunny out or thank you God for this snow. If you keep trying to do this you will develop an awareness of Hashem. Then you are literally bringing him into your life and hopefully the Torah that you learn will seep through your veins.

May HaKadosh Baruch Hu help us in our journeys!

Dms1234

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Re: Dms1234's story

Posted by dms1234 - 24 Jul 2014 20:42

MBJ

cordnoy

i am also workin' on procrastinatin'

I am workin' on a plan

it is beginnin' to take shape

i will start writin' it down shortly (as soon as I get pen and paper)

When that is done, I will immediately/soon afterwards start the process of begiinin' to determine which is the best plan of action, and how best to implement it

right after that, the decision will be reached and it'll all be taken care of

I will keep ya' all posted on my progress

thanks

b'hatzlachah

I know you are joking, but I am in the middle of that exact process right now.

I maybe have a plan for a certain area that I have been neglecting, but I just need to write it down. I will do that eventually. Maybe. Soon. Possibly. Yeah.

This has been going on for a month or so now. I will do it as some point. I guess.

After all why do today what you can push off to tomorrow.

Its interesting that this is a common problem among us. Lusting probably does it. We want THIS now, and then we push things off. So we develop procrastination problems and then stress comes from that because we are really all perfectionists and we all love ourselves so much. AH! the life of an addict!

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Re: Dms1234's story

Posted by shomer bro - 24 Jul 2014 20:51

ahhh, the famous question! the way i view it is that in life, if you are truly striving to grow and become a better person, then there is no such thing as falling back to your original position on the ladder. you may slip down a rung or two, but you'll never be at quite the same rung as you were before your climb. the journey to improving ourselves will have falls in it. but as long as we utilize those falls to keep climbing, we'll see eventual growth. it's like one step back, but two steps forward. because we learned why we took that step, we can better prepare for the future to not do it again and our next step forward is considered two, and not just one. interestingly enough, on the 90 day chart, besides for showing what the person's most recent streak is, it also shows how long they've been in the system working on it. so it shows that it's all part of a process to spiritual growth.

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Re: Dms1234's story

Posted by dms1234 - 24 Jul 2014 21:29

Lavi

you should know by now not to give me obvious answers.(sorry for being a little rude, it's not personal)what i really meant was how "striving" and "guidance" although neccessary, just don't seem to be enough.you need to follow through with the elusive magical steps to get ACTION.

that is why cordnoy gave me a thank-you. he is very pro-action.

Seriously? I really see no Steera! Shivsi was just saying to just keep on going. Follow your plan. Keep on getting back on the high horse. Action is of course included in that! I am sure shivsi would completely agree with you!

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Re: Dms1234's story

Posted by Gevura Shebyesod - 25 Jul 2014 00:38

The Procrastination Song

Sometimes I have something to do

some work or some reading

Then I say, I'll do it soon

Not now, there's a reason

Sometimes in my fears I drown

So I never to business get down

So when all the excuses surround

I know some day i'll finally get around because...

All my life I've been waiting for

I've been praying for

For the gumption to say

That I don't wanna wait no more

I'll just do the chores

then there will be time to play

Someday, someday, someday....

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Re: Dms1234's story

Posted by dms1234 - 25 Jul 2014 20:48

I think my therapist gave me to the key to life (NO, it is not woodford) He said: "Do not bring more potato salad to the party." If somebody is bringing the potato salad already to the party, why are you bringing more potato salad? How about a kugel or noodles?

Meaning, If someday is yelling at us (wife, parents, siblings, dog, boss, kids, Guard, etc) we shouldn't yell back! What will yelling back to? The other is already bringing potato salad!!!!!! Why should we? Lets counteract the potato salad and bring something else.

So what did my therapist recommend. What should we bring to the party? He said be completely calm! Do not act harsh at all! Do not respond in any negative way. Be understanding and listen. This doesn't mean we are wrong, but yelling back won't help. My therapist said: "alway be agreeable, even if not in agreement."

And they will see that you are acting different and more mature. They may even calm down. Have you ever been in the orbit of someone that is really calm? Its crazy. When you talk to them, this gush of calmness overwhelms and wisks any negative emotion.

And this is how we should ALWAYS act. With calmness. Even amidst a stressful situation. Even if we fell 10 times in one day (c"v). Its ok. Will stressing about it really help us. Seriously? Is stressing ourselves helping us recover? Is being depressed after a slip or fall helping? Or is it causing us to go into a downward spiral to the depths of gehinom. "NO!! but dms123456789, HOW COULD YOU? How could you not be upset after a fall?????????!" I can be because i have

realized IT DOESNT HELP ME!!! No, i am not happy i fell (c'v) but taking a deep breath helps me get my eggs back in order.

You may disagree but depression, unhappiness, sadness, bitterness, despair has NEVER

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Re: Dms1234's story

Posted by cordnoy - 25 Jul 2014 20:53

helped me. Only when i am optimistic have i been able to truly recover.

Thanks

I have been workin' on that in my recovery process.

It is funny to watch the other's (the wife's) response when this happens.

She yells/screams/criticizes/rebukes/tells me off, etc. and I smile and say, "You're right, I will work on it."

"What!?"

"You're supposed to say why I'm wrong!?"

"Why don't you respond with your reasonin'?"

"Are you ignorin' me again?"

Etc, etc.

thanks again

b'hatzlachah

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Re: Dms1234's story

Posted by ZemirosShabbos - 25 Jul 2014 21:20

wise words, thanks for sharing them.

this calls for a potato salad party! oh, wait..

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Re: Dms1234's story

Posted by Pidaini - 26 Jul 2014 23:13

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Re: Dms1234's story

Posted by lavi - 27 Jul 2014 10:11

You may disagree but depression, unhappiness, sadness, bitterness, despair has NEVER helped me. Only when i am optimistic have i been able to truly recover.

-dms

ok i understand, your position. if i may, i would say, that all the above feelings can also have a positive side, after all Hashem created them for a reason! the rule seems to be, if i am able to use negative feelings in order to stir myself to do something positive, then it's good, but if they just bring me down and that's it, dump them

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Re: Dms1234's story

Posted by dd - 28 Jul 2014 18:45

very well said i really needed that now i'm stressed like crazy but don't seem to really be helping myself, i guess i need that deep breath and try to keep it cool,

thanks dms!!!

KOP these wise words of wisdom!!!

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Re: Dms1234's story

Posted by tryingtoshteig - 30 Jul 2014 22:26

[dms1234 wrote:](#)

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Count me in on all of the above. Although I might say that sometimes, for me, it is the other way around. I get stressed out and am not interested in getting real life stuff done, so I tell myself "I will just surf the web for a few more minutes, before I go back to doing my responsibilities and then another few minutes, and another few minutes...."

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Re: Dms1234's story

Posted by skeptical - 31 Jul 2014 05:54

lavi

ok i understand, your position. if i may, i would say, that all the above feelings can also have a positive side, after all Hashem created them for a reason! the rule seems to be, if i am able to use negative feelings in order to stir myself to do something positive, then it's good, but if they just bring me down and that's it, dump them

I think what you are trying to say is what the Baal HaTanya writes about two types of negative feelings.

One is referred to as Atzvus and the other is Merirus.

Atzvus, or depression, is a negative feeling which isn't good in any way. Someone with atzvus is in essence full of pity. "I can't do anything right. I'm so terrible. Everything is terrible. I'm just going to lay in bed and give up."

Merirus, or bitterness, is a negative feeling which can be utilized for the good. A person with merirus is full of spirit, he's had enough and is ready for change, so he jumps up from his fall and goes full steam ahead.

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Re: Dms1234's story

Posted by shomer bro - 01 Aug 2014 07:36

I really appreciated that post b/c I've been wondering for a while what the right balance is between have proper charata for an aveira I did, and becoming overly saddened to the point of depression. I guess that's it- if it depresses a person in such a manner that they're not learning from what happened and as a consequence, are not growing, then it's not healthy.

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Re: Dms1234's story

Posted by ineedchizuk - 01 Aug 2014 10:44

[skeptical wrote:](#)

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And there are many other powerful emotions too, that are not 'bad', they're a healthy part of life. Like you said, a person can experience profound sadness, yet be 'full of spirit', ie. He actually feels very ALIVE. That's the exact opposite of depression! Experiencing depression is experiencing a void. It is a LACK OF ANY FEELING. The opposite of life. Depression essentially has ZERO intrinsic BENEFIT. EVER.

(What actually happens is that since I'm afraid of ANY 'uncomfortable' emotions, instead of allowing myself to experience that healthy part of life, I'll either (a) get depressed, thereby running away from the real world which includes some quite intense 'uncomfortable' feelings, which will lead to acting out, or, (b) I'll act out- try to replace 'uncomfortable' feeling with a 'positive' one, and we all know what that leads to... depression!)

Tisha Bav. Many simply wrongly identify it with depression. But we need not be afraid even of aveilus, mourning, intense feelings of loss. As difficult an avodas Hashem as it is, there is no eternal loss when serving Hashem, no room for depression.

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So have a MEANINGFUL Tisha Bav.

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